VINTAGE ADVENTURE 4) HOME

Our Forgiving God





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November always seems a solemn month as we mark Remembrance Sunday and our thoughts turn to the two world wars and to the many conflicts continuing across our troubled world. Our theme this month is forgiveness and our hymn Make me a channel of Your peace, a well-known 20th century hymn by Catholic composer Sebastian Temple.

The late David Corfe wrote a poignant poem on the 100th anniversary of the First World War, which we include alongside a colouring for Remembrance Sunday. We also reflect on how forgiving and compassionate God is, as well as His requirement that we too, should do our best to be peacemakers and to forgive, whenever we can. Local writer and broadcaster, Marie Kane-Dudley published a selection of memories and stories from her long life under the title As Time goes By, and we hope you find her piece on the Gift of Forgiveness thought provoking.

We are always thrilled to hear from any of our readers and you can read a response from Geoff Fowler from Winchester, who has more to tell us about eccentric Victorian parson Rev Hawker from Morwenstow, part of whose story we featured in our September booklet.

As promised, we share a further tribute to our dear Anna Chaplain, Susan Wareham, which shows just what an inspiration Susan was.

Down Memory Lane has some questions to help you talk about some of your memories of wartime years. And of course, there are the usual puzzles and fun activities to help keep your brains ticking over. Many blessings to each of you and do get in touch if anything sparks your interest.

With love and prayers, Cynthia and your Caraway friends

WORSHIP



Mr Consistent

I don't know if you've noticed but unforgiveness damages us.
It EATS US UP.

Here's what the psychologists say *Unforgiveness* - can lead to ...

Lower levels of mental wellbeing

Depression & mistrust

Negative domination of our

brain's pleasure centres

A feeling of helplessness

Lower self confidence Increased frequent stress

Disrupted sleep

Relational damage

Living in the past

Forgiveness - can lead to ...

Lower stress levels

Lower risk of heart disease

Lower risk of mental illness

Living in the present

A renewed sense of agency,

freedom, and energy

An end to revenge cycles

Peace

So we need to access forgiveness somehow. How do we get it? It helps to be shown the way.

GENESIS 1

The first page of the Bible tells us many things. But one thing sets the scene for forgiveness. This:



God wants.

God wants. God has an opinion about what He wants this world to be: **Very good.**

God has an opinion about what He wants humans to do: Good.

But we don't always manage it. Sometimes we behave anti this good God, and anti-the-world, and anti-other-people. And regularly other people are anti-us.

We make poor choices. I sure do. But God has always been consistent. God still wants good. You know where you are with God.

JESUS

Jesus told us about the consistency of God. One day He told a beautiful story about one sheep which went astray. The shepherd left the flock (somewhere safe we assume) to reach the one, and put it exactly where it was supposed to be. Back with the shepherd.

God the father is like the shepherd. And when we, like sheep, go astray (when we leave God, when we are anti-God) the father comes to find us.

Every. Single. Time.

God is consistent. Jesus with His whole life, and death, and resurrection broadcast the same message to the universe. Jesus is God come to find us. Jesus is God offering forgiveness to us if we want it. God has always been this way.

MOSES

One day, about 1600 years before Jesus, early on a chilly morning, Moses began a three hour ascent of Mount Sinai. Starting that early it would have felt like he was climbing up into the realm of the stars. At the peak, sunrise paints the sweeping craggy panorama with red, orange, pink, and purple. And there in that breathtaking place God let Moses in on a beautiful truth:



"The Lord, the Lord, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness, keeping steadfast love for thousands, forgiving iniquity and transgression and sin,'

And then a threatening note ...

but Who will by no means clear the guilty. (Exodus 34:6-7)

This is the first time in the Old Testament that God describes His character in such vivid detail. And there is the golden truth - God is consistently loving. God consistently forgives those who seek forgiveness.

But God is just too: if an individual hates God and wants no forgiveness from God, they won't get forgiveness. (These points are made clear in Deuteronomy 5:9-10).

God is merciful ... without excusing bad behaviour.

And what God shared with Moses is what we actually see in practice. Over and over again, when the people of Israel break relationship with God, if they come to their senses and are sorry for what they've done ... God forgives.

YOU & GOD & OTHERS

God is consistent. God consistently forgives.



The question is - do you want forgiveness?

If you want forgiveness, God will forgive you. Don't just take my word for it ... here is Desmond Tutu:

'I would like to share with you two simple truths: there is nothing that cannot be forgiven, and there is no one undeserving of forgiveness.'

(Desmond & Mpho Tutu - The Book of Forgiving, p3).

A SIMPLE PRAYER



Father God, thank You for offering me forgiveness through Jesus.

I am sorry for acting against You, against the world,
and against other people.

I accept Your forgiveness.

Please give me the strength to forgive the people
who have acted against me.
I don't excuse their bad behaviour,
but I want to be merciful like You
I need Your help,
Thank You.
Amen.



Reflection



Remembrance and Forgiveness

In November, as a nation we take time to remember those who have so bravely given their lives for our country, so we can live in peace. For this we are so very grateful. It is important to honour those who have gone before and laid down their lives for us. Families remember war-time stories, which have been handed down through generations and it is so good to do this. There was such bravery along with such hardship and horror. We must never forget.

As we remember though, we need also to take time to forgive. There is a time to remember and a time to forgive. In order for there to be a time of healing and of moving on, we need to forgive the hurt and wrong which have taken place. This holds true both for our nation and our personal lives.

Unforgiveness can cause resentment, bitterness and hatred. Someone has said that unforgiveness is like drinking a glass of poison and expecting the other person to die. It will only harm you. It will also hinder our prayers from being answered as it creates a barrier between us and God, impacting our fellowship and spiritual growth.

But when you are praying, first forgive anyone you are holding a grudge against, so that your Father in heaven will forgive your sins, too."

Mark 11:25-6 NLT



But if you refuse to forgive others, your Father will not forgive your sins.

Matthew 6:15 NLT

It is healthy to forgive. Studies have found that the act of forgiveness can reap huge rewards for our health, lowering the risk of heart attack, improving cholesterol levels and sleep, and reducing pain, blood pressure, and levels of anxiety, depression and stress.*

Forgiveness may not come easily. However, it is a choice to let go of anger, resentment, and a desire for revenge. It's a decision rooted in faith and based on the understanding that God has forgiven us, therefore, we are called to forgive others as well. As we bring the hurt to God in prayer, we can pray something like,

"Dear Father I bring You this hurt I am experiencing.
I place it and the one who hurt me in Your hands.
I choose to forgive them in Jesus' Name, Amen."

Every time that hurt tries to come back into our thoughts we say,

"No, I forgive that person."

Gradually God's peace and healing will come and we walk in freedom from that hurt. It is the only way to peace. Perhaps not our first choice but it is God's way.

Perhaps someone has hurt you badly in the past, or maybe you need to forgive yourself. I encourage you today to let go and let God. Bring that hurt/situation/person to God in prayer and leave it there. Today, choose to forgive. It is so worth it! If you would find it helpful to chat to one of our Chaplains do please get in touch. God bless you.

(* https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it)



Make me a channel of Your peace

Make me a channel of Your peace Where there is hatred let me bring Your love

Where there is injury, Your pardon, Lord And where there's doubt, true faith in You Oh, Master, grant that I may never seek So much to be consoled as to console To be understood as to understand To be loved as to love with all my soul.

Make me a channel of Your peace Where there's despair in life let me bring hope

Where there is darkness, only light
And where there's sadness, ever joy
Make me a channel of Your peace
It is in pardoning that we are pardoned
In giving to all men that we receive
And in dying that we're born to eternal life

Our hymn for November, when we mark Remembrance Day, is *Make Me a Channel of Your Peace* by Sebastian Temple (1928-1997) a musical setting of the well-known Prayer of St Francis of Assisi, (although the prayer does not appear in any of the saint's writings)! Its origins seem to go back to a prayer entitled A Beautiful Prayer to Say



During the Mass which first appeared in France in 1912 in a spiritual magazine La Clochette (The Little Bell), published anonymously in Paris by the Catholic La Ligue de la Sainte-Messe, (The Holy Mass League), founded by French priest, Father Esther Bouquerel (1855-1923), who may have actually been the author. In 1915 the French version was sent to Pope Benedict XV. In 1916 an Italian translation appeared in the Osservatore Romano. Around 1920, the prayer was printed by a French Franciscan priest on the back of an unnamed picture of St. Francis with the title Prière pour la paix (Prayer for Peace).

Between the two world wars, this prayer for peace did the rounds in Europe and an English translation was published in 1936 in Living Courageously by Kirby Page (1890-1957), a minister, who attributed the words to St. Francis of

Assisi. During World War II and the postwar period, it was therefore widely circulated as the Prayer of St. Francis, and since then, owing to its inclusive language, people of all faiths and religions have adopted it.

Sebastian Temple, born in Pretoria, South Africa as Johann Sebastian Tempelhoff, the son of a Jewish mother and German Protestant father, is one of the most influential folk mass composers in the Catholic Church. Tragically, his mother died when he was only three, and Sebastian was adopted by a Dutch Reformed family. As a teenager Sebastian wrote a romantic novel and two volumes of poetry before travelling widely in Africa and later Italy. In 1951 he moved to London, to work for the BBC News Service on broadcasts about South Africa. In 1958, he went to America, living in Washington, DC and becoming a Scientologist for ten years. He then converted to Catholicism, and joined the Franciscan Third Order.

Whilst in Los Angeles he composed both secular and religious music. *Make Me a Channel of Your Peace* composed in the ballad and guitar folk music style of

the 1960s, is one of his most loved compositions and was included in his first collection of liturgical music, Happy the Man, songs about St. Francis of Assisi. The hymn is typically accompanied by guitars, piano or organ, and sung as a solo, a full choir, or congregation, appropriate for traditional and contemporary services.



A favourite of Princess Diana, it was sung at her funeral in 1997 by the Westminster Abbey Boys' Choir. It formed part of the wedding ceremony of Prince Albert II of Monaco to South African Charlene Wittstock in 2011. As the anthem of the Royal British Legion it is included in the Legion's Annual Festival of Remembrance. Sinéad O'Connor incorporated it in her Princess Diana tribute album, and Susan Boyle of Britain's Got Talent fame has performed it. Temple died in 1997 in Tucson, Arizona, shortly after his hymn gained worldwide recognition.

Adapted from OCP Publications 1967

1914-2014

Grandad sits among his officers in this brown photo of a hundred years, a little smile beneath his braided cap, The grey side of a battleship behind.

War was imminent,

War was imminent,
Soon ship and crew would drown.

Father-in-law's photo shows him smiling beside his wife, showing his MBE, Buckingham Palace gates behind them. Italy, France, Korea, he came through all within forty years of 'war to end all wars.'

And now the Russian bear prepares to bite.

Eastern Europe is afraid, while Arab sects fall out; extremists kill for Allah.

Leaders hesitate, confer, and dither.

And once again peace eludes us in our time.

The peacemakers are few, the powerless who risk themselves to staunch the flames of war.

Elected leaders daren't admit they're wrong, must hide their weakness, show themselves as strong.

Those who work for peace, the blessed, carry a lonely cross.

David Corfe
2018 More from my Rucksack p31 FeedARead.com.Publishing

REMEMBRANCE



SUNDAT

Forgive

Forgive our sins as we forgive
You taught us LORD to pray
but You alone can give us grace
to live the words we say.

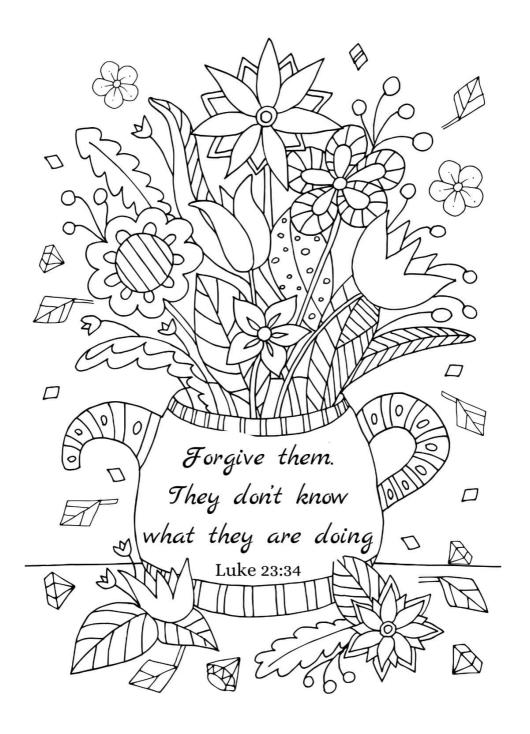
How can Your pardon reach and bless an unforgiving heart that broods on wrongs and will not let old bitterness depart?

In blazing light Your cross reveals the truth we dimly knew How trifling others' debts to us How great our debt to You!

LORD, cleanse the depths within our souls and bid resentment cease.

Then by Your mercy reconciled our lives will spread Your peace.

Poem by Dr J I Packer adapted



Our Forgiving God

Our theme this month is forgiveness, and so we are asking the question, Why do we need to be forgiven?

The God of the Bible is described as a just and holy God, completely and utterly perfect. The Bible tells us that we are made in God's image with many of His attributes, yet we know that we constantly fail to live up to our own standards, let alone God's. God's original creation was as perfect as He is, but sadly the first humans disobeyed God's one command, whose purpose was to protect them and the rest of humanity from the knowledge and experience of evil. The consequence of their disobedience means that ever since, all of us have been tainted with a desire to sin right from birth, and no matter how hard we try, we cannot manage to keep to our own moral standards, still less God's. Sin and God do not mix. Therefore, sin and sinners are under God's judgement.

So how can a just and holy God forgive the countless times we have let Him down and failed to love Him and others well? The starting point for being forgiven is realising just how much we have failed and the extent of the love we have received from God. When we ask God to forgive us, we are admitting that we can't deal with the problem of sin ourselves. The only solution is for some one else to sort it out for us. But no normal human being could do this.

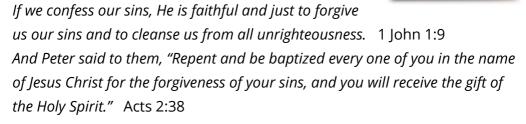


However, God is so merciful and compassionate and loved us so much that He determined to find an answer to our dilemma. He did this by paying the debt we owe Himself, in the person of His Son, Jesus Christ, whose birth we shall be celebrating next month. Jesus, fully God, yet fully human, was the only one who could live the perfect, sinless life of love we have failed to live. He then laid down that perfect life on our behalf and took upon Himself the judgement of God so that we wouldn't have to. Only God could do this.

God's forgiveness is a totally free gift, which Christians call grace. God doesn't ask us to earn forgiveness by exacting promises (which we couldn't fulfil) to be 'good' in some particular way for the rest of our lives. We have simply to be genuinely sorry, trust in what Jesus has done, and ask. Because of what Jesus accomplished by dying for us in our stead, we can ask for forgiveness and know for certain we will receive it in full, and that we are forgiven completely. This gives us peace with God and entry into eternal life with Him. Good news indeed!

Bible Verses about Forgiveness

God's forgiveness of us and our rejection of Him:



Jesus' instructions about how we should forgive others

"And whenever you stand praying, forgive, if you have anything against anyone" Mark 11:25

Bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. Colossians 3:13

And forgive us our debts, as we also have forgiven our debtors. Matthew 6:12 Then Peter came up and said to him, "Lord, how often will my brother sin against me, and I forgive him? As many as seven times?" Jesus said to him, "I do not say to you seven times, but seventy-seven times." Matthew 18:21-22

Prayer for Forgiveness:

Father, please forgive me when I allow anger and bitterness to fill my heart because I refuse to forgive someone who has hurt me. Teach me how to lay down my rights and choose to forgive in the same way You have forgiven me

The Gift of Forgiveness

I came across this account in the book As Time Goes By, written by octogenarian Marie Kane-Dudley from Winchester. Here is an extract.

Nelson Mandela went to prison longing for freedom for his own people. They were the oppressed of the land and he had good cause to hate the white people who imprisoned him for twenty-seven years. Yet while in prison, a strange thing happened in his heart. He changed from desiring freedom for his own people to desiring freedom for all people – black **and** white, the oppressed and the oppressor. Though he was still behind bars, he had become a free man.

Forgiveness is a gift from God. It is God we offend when we sin, so He is the One to Whom we must go to confess our sins and receive forgiveness. Our proud hearts may find this a hard thing to do but it is the only way. We can be sure God is waiting for us, full of grace and mercy. He longs to see our chains fall off as we receive His forgiveness.



Lack of forgiveness can be at the root of physical illnesses. I heard this story from a young missionary home on leave from Burundi. He showed us a picture of himself holding a little African child who looked about three: in fact, he was eight. The child's parents had been hacked to death before his eyes when he was three and he had literally stopped growing. Tender love and care were lavished upon him but to no avail. However, shortly before our missionary friend came to England on leave, amazing things were happening in this little boy's life. He had been taught about Jesus and had been able to forgive the murderers. What a miracle of grace! And the next miracle was that he began to grow! I am reminded of the words of Jesus. "Unless you turn to God from your sins and become as little children you will never get into the kingdom of Heaven." Matthew 18:2

Dear LORD, please help me to keep short accounts with You, confessing my sins and believing that I am forgiven. Thank You for Your amazing grace.

Please help me to be like You in giving the gift of forgiveness to others.

Amen.

Taken from Marie Kane-Dudley 2008 As Time Goes By Reflections & Poems for the Young at Heart. The Gift of Forgiveness p129-130 CWR

Somebody Cares

Somebody cares and always will –
The world forgets, but God loves you still.
You cannot go beyond His love,
No matter what you're guilty of,
For God forgives until the end He's your faithful, loyal friend.
And though you try to hide your face
There is no shelter anyplace

That can escape His watchful eye,
for on the earth and in the sky
He's ever-present and always there
To take you in His tender care
And bind the wounds and mend the breaks
When all the world around forsakes,
Somebody cares and loves you still,
And God is the Someone Who always will.

Caraway Tribute to Susan Wareham

Susan was one of 12 Anna Chaplains working under the auspices of the Southampton charity Caraway which supports older people of faith, no faith and other faiths in the community. Although we all have our own



areas of Southampton to cover, as Chaplains we often get together for various events and for prayer and support and we learn much from one another. Below we share a few more memories of dear Susan.

Esther Clift, the present Chair of Caraway, speaks for all of us at Caraway. "At Caraway we are heartbroken by Susan's premature rising to glory. She was a wonderful Anna Chaplain in the West of the city. It felt as though she had really found her calling as she ministered to so many of our older people. She was a great listener and a wonderful woman of prayer, radiant in her own relationship with Jesus. She was a faithful friend to many of us. Her grace and her prayers will be greatly missed by us all, as well as her friendship. We continue to pray for her family and all who loved her."

Erica, the co-founder of the charity, writes:

I just wanted to add my profound sorrow to these messages. It hardly seems possible that Susan is no longer with us. I have so valued her as a deep woman of faith, a faith that shone through in her faithful following and serving of her Lord, her humility and her selfless kindness. I'm glad her earthly ending was peaceful and swift but of course that makes it harder for those left behind.

A huge heartfelt thank you to you all as I've watched your constant care and prayer for Susan and her family. It has been a privilege to join you all from a distance.

My love and prayers

Erica

Margaret, a regular writer for Vintage Adventure @ Home, with whom Susan initially worked, spoke on behalf of the Chaplains at Susan's Thanksgiving Service and told guests:

Initially Susan worked with me in Lordshill and Maybush, before being commissioned as Anna Chaplain to work in Sholing and the surrounding area and so we spent many hours travelling in the car together - chatting, as you can imagine about all sorts of things from family, holidays, make-up and, of course, spiritual matters. And in more recent times the four Chaplains living over this way would car share whenever possible, when going to events and again natter non-stop!

Susan was such a lovely person, very caring, gentle but strong, she loved to serve and was a great team player as well as being able to take the lead herself, together with undertaking one-to-one Chaplaincy visits. She loved to witness for the Lord and shone with His presence and was really good at taking a turn at writing Caraway's monthly prayer card or articles for our Vintage Adventure @ Home booklet, which goes out to over 300 homes.

Susan was truly one of our Caraway team, we loved her, and miss her greatly, but we know that our loss is heaven's gain. While we are sad, we know for certain that Susan is rejoicing in the presence of the Lord, Whom she adored."

Margaret

Carol Kidd, a fellow Anna Chaplain and friend of Susan and her family adds: There were over 200 people at the wonderful Thanksgiving service to celebrate Susan's life, a triumphant witness to her faith. Family, personal friends, many of her beauty clients, plus neighbours, as well as representatives of Anna Chaplaincy and Caraway, members of Sunrise Church, Victory Church, Portswood, and Kings Community Church which Susan herself attended. There are sure to have been others from different parts of her life.

The quote that still makes me smile is the one Revd. Vicky, who led the thanksgiving service, shared. Tony, Susan's husband, said that if Susan had been a stick of rock she would have had JESUS written right through the middle!

Carol goes on,

Personally, I give thanks to God that Anna Chaplaincy brought me into a special friendship with Susan – a gracious, humble Christian who fully lived out the fruits of the Holy Spirit. We would chat via phone or WhatsApp most weeks to share the joys, and any concerns or difficulties, of our caseloads, and/or what was happening in our lives. We often shared lifts which were always filled with smiles and laughter, whilst at her home the kettle was always on, and a sandwich or slice of cake (still warm from the oven) ready and waiting. Susan's strong faith, prayerfulness and loving kindness, always thinking of others first, shone ever bright, even when her illness was taking its toll.

Another Anna Chaplain, Lynne tells us

Susan and I had started to work together in Hedge End. She was an inspiration with stories of conversations she had had with people, always telling about how much Jesus loves them and what He had done in her own life. Her life was lived as one big testimony of the grace and mercy of her Saviour.

Personally, we had begun to form a strong bond of friendship, which I will miss. She was a dearly loved sister in Christ.



Blessed are the peacemakers, for they will be called children of God





Down Memory Lane

Do you remember the SOUND of the **air raid sirens**? How did you feel?



Did your family own an air raid shelter?



What kind of meals did your family eat during the War? What was your favourite? What did you like least?





News from our readers.....

Further to our article in the September issue of Vintage Adventure @ Home, one of our readers, Geoff Fowler, writes as follows:

I was born in Morwenstow and was christened in Morwenstow church. One or two things need to be cleared up about Robert Hawker. Firstly, wrecking has never been proved but what Hawker did, was to instil

in the villagers the sanctity of life, insisting that they start by saving any poor souls from the wreck, instead of retrieving any cargo first!

He had two cats, one of which on a Sunday morning had caught a mouse in church. Hawker was mortified and promptly excommunicated the offender.

He used to climb down the 400ft cliffs and retrieve washed up planks of wood from the shoreline. He dug out a hole in the cliff and lined it with the recovered wood. This is now the smallest National Trust property - called 'Hawker's Hut', it seats four people. From this hut, Hawker would gaze out over the Atlantic, smoke his opium pipe and write poetry. The most famous of his



poems is 'The Song of the Western Men' which was later set to music and became the Cornish national anthem, 'Trelawny'.

He had a hatred of the Catholic church which was unfortunate as his wife was Catholic and constantly harangued him to "change sides". At the end of his life, lying desperately ill in Plymouth, his wife brought in a Catholic priest to administer the last rites and who persuaded him to be admitted to the Catholic church. It is unknown whether he was actually aware of what he was doing.



Maybe you could publish this as a follow up to your story of Hawker.

Yours prayerfully, Geoff Fowler (Facilitator of the dementia support café in Oliver's Battery, Winchester) Unscramble the letters below to find words associated with Remembrance Day.



REMEMBRANCE DAY Word Scramble

MRBERMEE	OMEP
YPOPP	ROSLESID
TVENARE	MERNOEVB
HRWATE	HOSERE
MTONEM FO LCEINSE	CPTERES
VBAER	NORHO
LMAEROMI	DPERI
ADLEMS	STLE EW GOTREF
LFGA	DIYHOLA
ARW	VSEECRI
YCTEREME	SECACIRIF
RHYSOIT	MSEERNCOIE

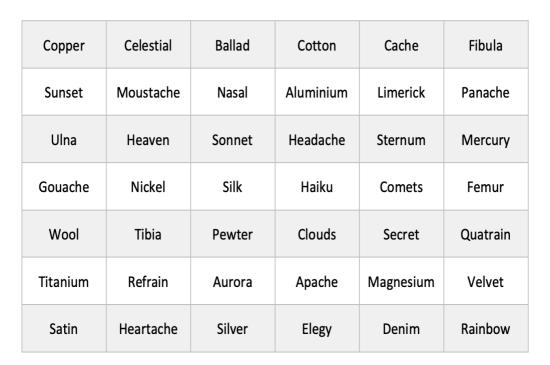
Fun Riddle

If you have me, you want to share me.
If you share me, you haven't got me. ...

To answer this riddle, follow the steps below.

Once complete, the unmarked words will reveal the answer.

- Cross-out 7 words ending with 'ache'
- Tick 8 types of metal
- Circle 7 types of poems
- Underline 7 words associated with the sky
- Scribble through 6 bones of the human skeleton
- Shade 6 types of fabric





Word Search

FORGIVENESS



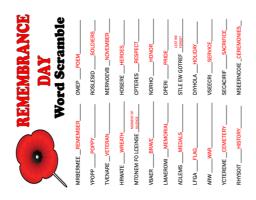
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0	Н	0	N	E	S	Т	Y	S	0	R	R	Y
Y	R	M	R	K	ı	N	D	N	E	S	S	A
X	В	G	N	R	E	G	R	E	Т	Z	U	Н
ı	N	Т	E	G	R	ı	Т	Y	Z	R	Т	P
В	S	S	C	Т	V	ı	R	Т	U	E	S	A
C	C	Y	Т	0	L	E	R	A	N	С	E	Т
G	V	A	C	C	E	Ρ	Т	A	N	С	E	ı
0	N	E	V	S	T	R	E	N	G	T	Н	Ε
U	V	S	J	U	F	A	M	ı	L	Y	E	N
0	Q	R	E	S	Т	R	A	ı	N	Т	0	C
F	0	R	G		V	E	N	E	S	S	Y	E
ı	R	E	S	1	L	ı	E	N	C	E	С	R
0	R	A	L	S	L	E	Т	ı	Т	G	0	G
	O Y X I B C G O U O F I	O H Y R X B I N B C C C G V O N U V O Q F O I R	O H O Y R M M T B S S S C C Y A O N E U V S O Q R F O R I R E	O H O N Y R M R X B G N I N T E B S S C C C Y T G V A C O N E V U V S J O Q R E F O R G I R E S	O H O N E Y R M R K X B G N R I N T E G B S S C T C C Y T O G V A C C O N E V S U V S J U O Q R E S F O R G I I R E S I	O H O N E S Y R M R K I X B G N R E I N T E G R B S S C T V C C Y T O L G V A C C E O N E V S T U V S J U F O Q R E S T F O R G I V I R E S I L	O H O N E S T Y R M R K I N X B G N R E G I N T E G R I B S S C T V I C C Y T O L E G V A C C E P O N E V S T R U V S J U F A O Q R E S T R F O R G I V E I R E S I L I	O H O N E S T Y Y R M R K I N D X B G N R E G R I N T E G R I T B S S C T V I R C C Y T O L E R G V A C C E P T O N E V S T R E U V S J U F A M O Q R E S T R A F O R G I V E N I R	O H O N E S T Y S Y R M R K I N D N X B G N R E G R E I N T E G R I T Y B S S C T V I R T C C Y T O L E R A G V A C C E P T A I V S J U F A M I I I I I I I I I I I I I I I I I I I I	O H O N E S T Y S O Y R M R K I N D N E X B G N R E G R E T T Y Z B S S C T V I R T U U D </td <td>O H O N E S T Y S O R Y R M R K I N D N E S X B G N R E G R E T Z R I N T E G R I T Y Z R B S S C T V I R T U E B S S C T V I R T U E B S S C C E P T A N C C N E V E R I I Y D I</td> <td>O H O N E S T Y S O R R Y R M R K I N D N E S S X B G N R E G R E T Z U I N T E G R I T Y Z R T B S S C T V I R T U E S C C Y T O L E R A N C E G Y A C C E P T A N C E G N E Y T R A N T H H Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y</td>	O H O N E S T Y S O R Y R M R K I N D N E S X B G N R E G R E T Z R I N T E G R I T Y Z R B S S C T V I R T U E B S S C T V I R T U E B S S C C E P T A N C C N E V E R I I Y D I	O H O N E S T Y S O R R Y R M R K I N D N E S S X B G N R E G R E T Z U I N T E G R I T Y Z R T B S S C T V I R T U E S C C Y T O L E R A N C E G Y A C C E P T A N C E G N E Y T R A N T H H Y Y Y Y Y Y Y Y Y Y Y Y Y Y Y

Forgiveness
Acceptance
Patience
Restraint
Honesty

Love
Let It Go
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Integrity

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Forget Sorry Strength Family Morals



Fun Riddle Secret

Rev Dave Hendra

City Chaplain for Dementia Southampton Revdave.hendra@caraway.uk.com 07466 914671

Marion Hitchins

Anna Chaplain Parish of St. Denys marionhitchins@yahoo.co.uk 07766 745503

Rev Margaret Hague

Lead Anna Chaplain for Older People Southampton West (Lord's Hill & Maybush) margaret.hague@caraway.uk.com 07564 026471

Carol Kidd

Anna Chaplain for Older People Harefield & West End carolkiddannachaplain@gmail.com 07842 244876

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Contributors in the pack

Dave Hendra | Margaret Hague | Cynthia Martin | Geoff Fowler | Jo Ladkin

Editor Cynthia Martin

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